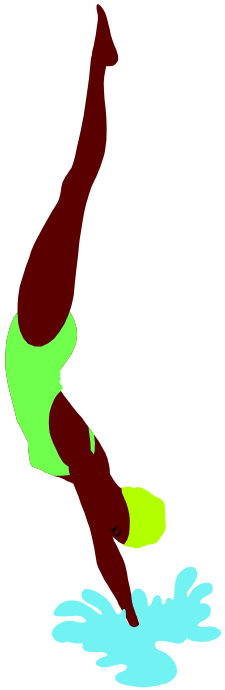
Swimming/Water

Pool Crowded?

Red Cross

Swim Safety Tips

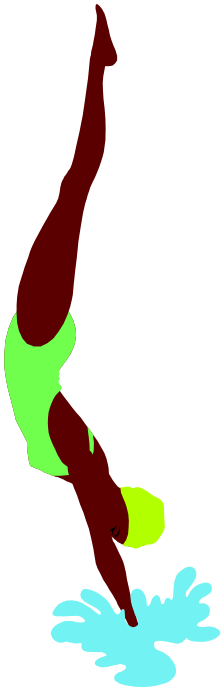
Red Cross Water Safety Tips



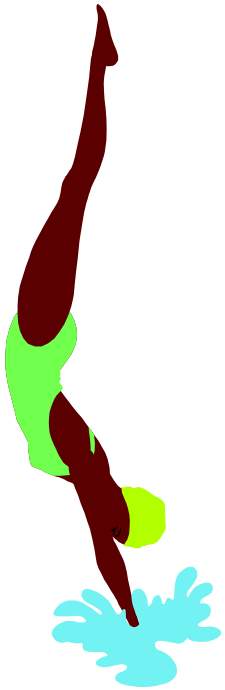
- Never swim alone

Red Cross Water Safety Tips

- Never swim alone
- Know your limits

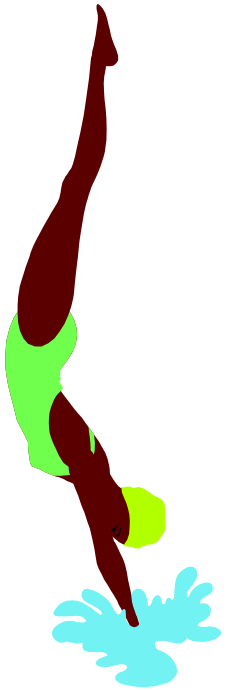


Red Cross Water Safety Tips



- Never swim alone
- Know your limits
- Keep an eye on weaker swimmers

Red Cross Water Safety Tips



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- Know your limits
- Keep an eye on weaker swimmers
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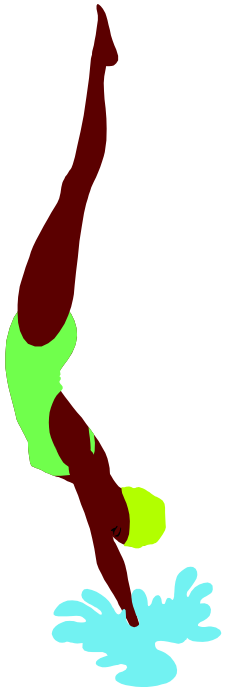
Red Cross Water Safety Tips



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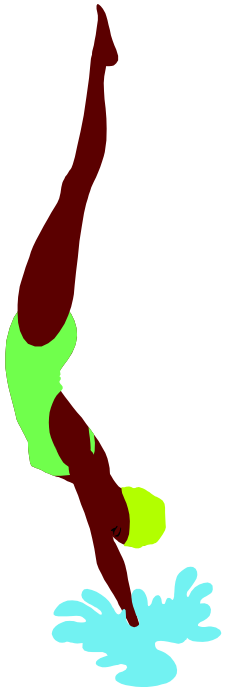
- Alcohol and swimming don’t mix
- Obey “No Diving” signs

Red Cross Water Safety Tips



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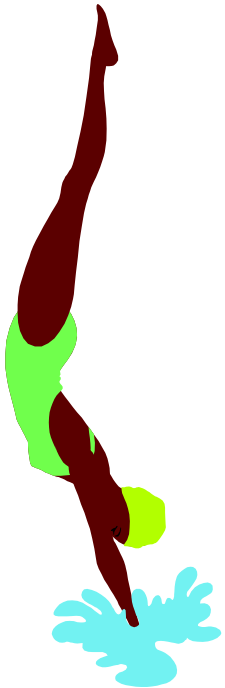
- Do not chew gum or eat

Red Cross Water Safety Tips



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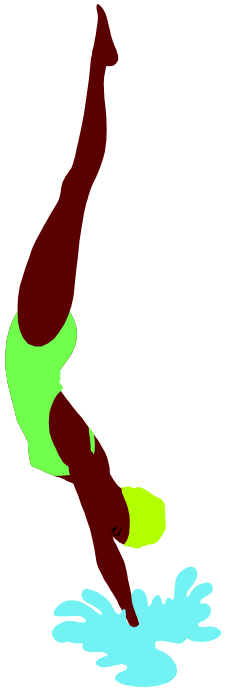
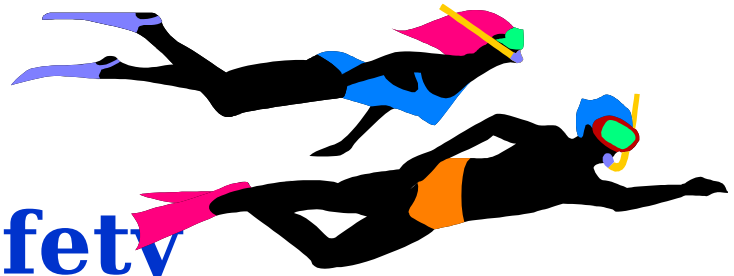
Red Cross Water Safety Tips



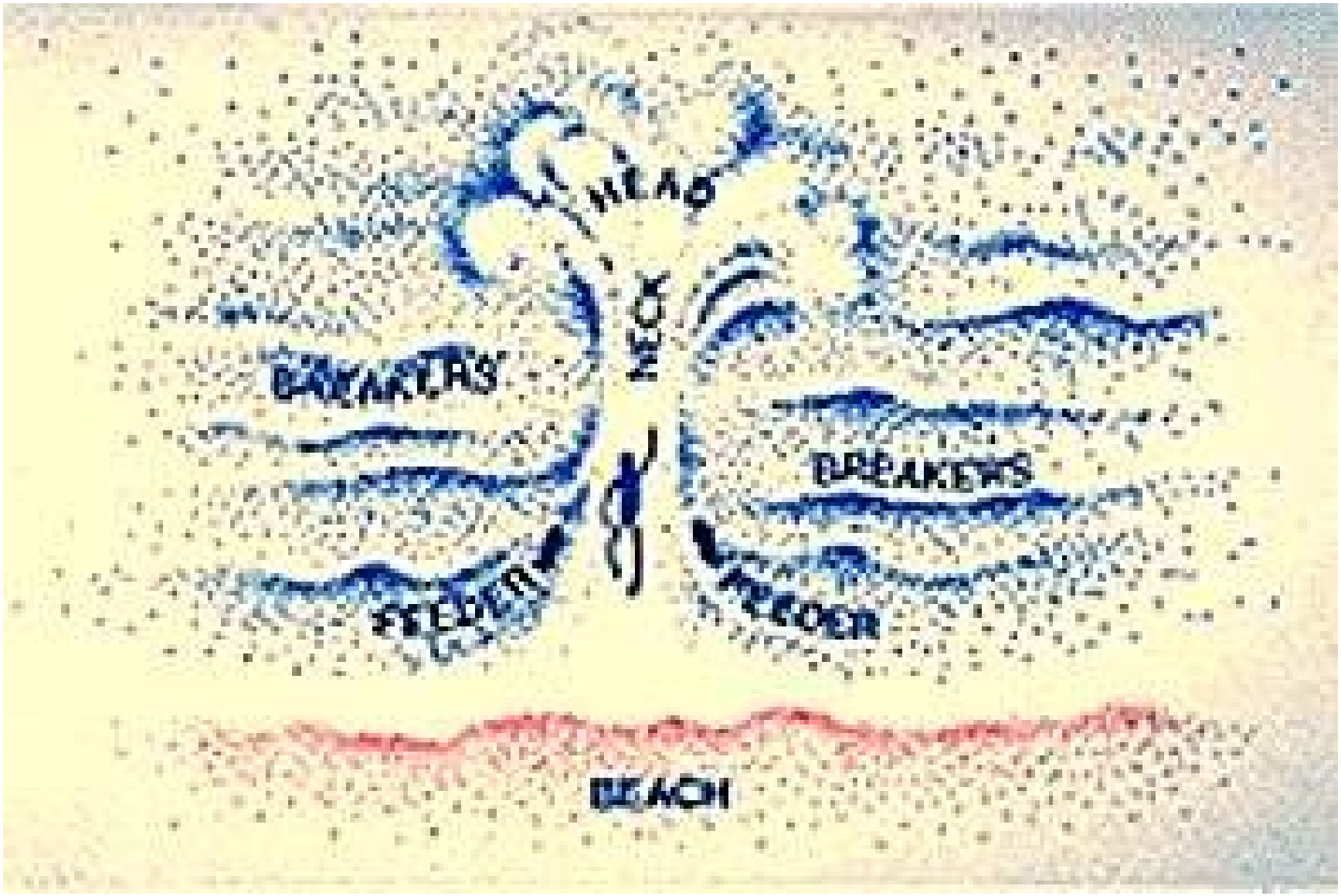
Watch for the “Dangerous Too’s”

- **Too Tired**
- **Too Cold**
- **Too far from safety**
- **Too much Sun**
- **Too much strenuous activity**



Beach swimming

Rip Currents


HEAD
BREAKERS
BREAKERS
FEEDER
BEACH

Lifesaving

Reach, Throw, Row and Tow

Reach, Throw, Row and Tow

- Reach for the Victim

Reach, Throw, Row and Tow

- Reach for the victim
- Throw something to the victim

Reach, Throw, Row and Tow

- Reach for the victim
- Throw something to the victim
- Row-Use a boat or float

Reach, Throw, Row and Tow

- Reach for the victim
- Throw something to the victim
- Row-Use a boat or float
- Tow- as a last resort, go in the water.

Remember!

Getting into trouble

in or on the water

can happen very quickly.

Drowning is a slow Death.